

**Full Report (All Nutrients) 02075, Seasoning mix, dry, taco, original**

Report Date: October 24, 2015 16:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 tsp 5.7g
<b>Proximates</b>					
Water	g	5.70	--	--	0.32
Energy	kcal	322	--	--	18
Energy	kJ	1346	--	--	77
Protein	g	4.50	--	--	0.26
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	31.80	--	--	1.81
Carbohydrate, by difference	g	58.00	--	--	3.31
Fiber, total dietary	g	13.3	--	--	0.8
Sugars, total	g	10.83	--	--	0.62
<b>Minerals</b>					
Calcium, Ca	mg	0	--	--	0
Iron, Fe	mg	7.20	--	--	0.41
Potassium, K	mg	1000	--	--	57
Sodium, Na	mg	7203	--	--	411
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Folate, total	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Vitamin A, IU	IU	3744	--	--	213
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0